

cover. From the original position bend back at the waist line and slowly recover, taking two deep breaths slowly.

Posed especially for The Day Book by Emily Illingworth, called the "Venus of New York" and "the American Pavlova."

JELLY BAGS

Some cooks use three bags for jelly straining, one made of a double fold of mosquito netting, another of cheese cloth and another of felt or flannel.

Whether the bags are triangular, square or made of a circular piece of material is a matter of preference. The circular bag without seams is obviously the easiest to keep clean.

Straining frames to hold the bags are not expensive and they save a nervous housekeeper many a fretful minute on a hot and hurried day. These frames can be attached to a table or a chair back and the fruit suspended to drip over night.

APPLE BUTTER WITH NO SUGAR

Wash and slice one-half peck of tart apples and cook in quart of cider. Rub through sieve and simmer until thick; stir frequently and boil slowly from three to four hours. Season as preferred with one-half teaspoon ground cloves and cinnamon or with the grated peel of one large lemon, or with shredded preserved ginger.

Apple butter can be cooked in the oven instead of on top of the stove. When cold, cover with melted paraffin before adjusting top of container.

TODAY IN ILLINOIS HISTORY

August 8, 1908.—Gen. Joel A. Matteson was born in Watertown, N. Y.

All who are decorated with the Russian Cross of St. Andrew have the right once to demand a pardon for a Russian subject condemned to death.

